

Indian Knowledge System (IKS): Its Implications in Social Life

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ABSTRACT

Indian Knowledge System (IKS) has its roots in ancient India's scientific, philosophical and cultural traditions. Despite being a modern name, "IKS" has its roots in ancient texts like as Vedas, Upanishads, and Darshanas, which together created a methodical, dynamic, and practice-based approach to knowledge transfer. A vast array of topics is covered by Indian knowledge System including astrology, literature, physics, mathematics, philosophy, religion, and medicine. The emphasis on the interconnection and connectivity of all living things and the universe is one of the main features of the Indian Knowledge System. Through ideas like Dharma, Karma, Yoga, and Ahimsa, it integrates physical, emotional, intellectual, and spiritual well-being and places an emphasis on holistic growth. Different view points on reality, ethics, and self-realization are presented by the six schools of orthodox Hindu philosophy. By bringing life into harmony with the natural world and the universal order, these ideas serve as the foundation for sustainable living, personal accountability, and societal ideals. Ayurveda and Vedanta, which promote equilibrium, natural healing, and inner awareness, stand in for the physical and spiritual aspects of IKS. Self-discipline, emotional stability, and spiritual development are facilitated by practices such as yoga and meditation. Compassion and societal harmony are promoted by fundamental ethical concepts like Seva (selfless service) and Ahimsa (non-violence). A healthy, sustainable, and purposeful way of life is promoted by the Indian Knowledge System, which connects traditional wisdom with contemporary ideas.

Keywords: *Vedas, Dharma, Ayurveda, Karma, Seva, Ahimsa, Yoga*

Although the phrase "Indian Knowledge System" (IKS) is relatively new, the concept behind it is derived from the rich culture, wisdom, splendor, and legacy of ancient India. It symbolizes a systematic and well-organized process of transferring knowledge from one generation to the next. It is acknowledged as a purposeful and careful method of knowledge transfer, as opposed to merely a cultural practice. IKS, which is deeply ingrained in ancient Indian texts like the Vedas, Upanishads, and Upavedas, serves as the theoretical cornerstone for a large portion of India's historical knowledge. IKS emphasizes the integration of India's traditional knowledge into modern education.

The three main pillars of the system are life philosophy, science and knowledge. IKS is unique in that it places a strong emphasis on validation and practical application. Knowledge was evaluated using evidence and practice, which made it applicable and useful. Consequently, IKS's impact went well beyond the domains of philosophy or religion. It significantly impacted

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Received: March 01, 2026; Revision Received: March 20, 2026; Accepted: March 22, 2026

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social life as well as a number of other areas, including as education, governance, law, justice, handicraft, trade, and commerce. It significantly impacted social life as well as a number of other areas, including as education, governance, law, justice, handicraft, trade, and commerce. The Indian Knowledge System is becoming more and more well-known nowadays for its multidisciplinary and holistic approach. In the end, IKS acts as a link between conventional wisdom and contemporary knowledge systems.

SOCIAL LIFE AS PER INDIAN KNOWLEDGE SYSTEM:

The Darshanas are the six main schools of orthodox Hindu philosophy that make up these rich and varied knowledge systems. Every school presents a different viewpoint on knowledge, reality, and self-realization.

Sanatana Dharma, an age-old tradition that encompasses all facets of human existence—physical, mental, emotional, and spiritual—is the foundation of Indian knowledge systems and their way of life. This holistic perspective highlights the need to live in peace with environment and displays a deep grasp of the interconnection of all life forms. Values that encourage sustainable living and environmental care are promoted via knowledge systems. Fundamental concepts like these are at the heart of them:

- **Dharma**—Upholding moral & ethical conduct.
- **Karma**— Recognizing the law of cause & effect in actions.
- **Yoga** – More than physical postures, it is a comprehensive discipline that unites body, mind, and spirit.
- **Ahimsa**—Practicing non-violence in thought, word & deed.
- **Satya & Aparigraha**—Embracing truth fullness and non-possessiveness.
- **Seva**— Engaging in selfless service for the welfare of others.
- **Respect for Nature**—Valuing and protecting the natural world as a sacred duty.

Together, these principles form the foundation of a meaningful and balanced life, guiding individuals toward personal growth and collective well-being.

Yoga & Meditation

In the Indian knowledge system, yoga and meditation are fundamental practices that strive to achieve balance between the body, mind, and spirit. These practices, which have their roots in ancient knowledge, are a holistic way of life that promotes discipline, spiritual realization, and inner progress rather than just being physical routines. It is a holistic system that incorporates mental, spiritual, and physical health. Asanas, or physical postures, are essential to yoga because they foster physical health, strength, and flexibility. Breathing techniques, or pranayama, control the breath to quiet the mind and manage life force energy. Meditation, or dhyana, fosters inner peace, consciousness, and spiritual development. Various types of yoga include: Hatha yoga emphasizes breath control and physical postures. Raja Yoga is a method of mental discipline and meditation. The devotional path via love and surrender to the divine is known as Bhakti Yoga. Jnana Yoga is a journey of self-discovery and wisdom. Karma Yoga is the practice of altruistic service and deed without regard for the outcome. When combined, these forms provide a variety of paths to self-realization and personal growth. A key element of yoga practice is meditation, which is intended to promote spiritual insight, emotional equilibrium, and mental clarity. People can lower stress and anxiety, develop mindfulness and presence, enter deeper realms of awareness, find inner peace, and strengthen their bonds with themselves by learning to focus their minds inward. By bridging the gap between the internal

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and exterior realms, meditation enables practitioners to overcome distractions and establish a connection with their own selves.

Dharma & Karma:

Dharma and Karma are two fundamental ideas that form the basis of Indian knowledge systems. These ideas support people in leading morally upright and responsible lives by acting as moral and spiritual compass points. Dharma is the practice of leading an upright, moral, and responsible life. It is about carrying out your responsibilities according to your age, social position, family obligations, and stage of life. Dharma instructs us to live in harmony with the natural world and other people, and to be truthful, compassionate, and respectful. Not everyone experiences it in the same way; it varies based on your role and duties. Dharma promotes universal order and maintains social balance. A person can improve both their own and other people's well-being by living according to their dharma. Every action has repercussions, according to karma. While bad behaviors result in misery, good actions provide positive outcomes.

Vasudhaiva Kutumbakam (The World is One Family):

The Sanskrit expression "Vasudhaiva Kutumbakam" translates to "the world is one family." The idea that all individuals are members of one global family, regardless of their origins or history, is a lovely and potent one that comes from Indian knowledge systems. This concept promotes love, compassion, and unity by serving as a reminder that we are all incredibly connected, regardless of our differences in nationality, language, culture, or religion. Vasudhaiva Kutumbakam's key tenets include interconnection and the belief that all living things on Earth are interdependent, just like family members are bound together by love and duty. Vasudhaiva Kutumbakam teaches us to see beyond borders. We are urged to act as global citizens with a shared responsibility for the earth and its inhabitants, rather than thinking solely in terms of countries or regions. This promotes peace by acknowledging that we are all members of the same family.

Ahimsa (Non-Violence) in IKS:

Ahimsa, which means "non-violence" or "non-harming," is a core ethical precept that is shared by Buddhism, Jainism, and Hinduism. While non-violence is valued in all three faiths, there are differences in how deeply it is applied and how much emphasis is placed on it. Ahimsa is given the utmost significance in Jainism, which views it as the gold standard by which all human action is judged. Hinduism, on the other hand, sees ahimsa as a kind of empathy for all living things, which are thought to be manifestations of the divine. On the other hand, Buddhism, which is based on the idea of universal compassion, views ahimsa as an essential part of spiritual growth. Non-violence is viewed as essential to personal spiritual growth and liberation from suffering.

Seva (Selfless Service) in the Indian Knowledge Systems:

The root words sah and eva, which combined mean "with" or "together with," are the source of the Sanskrit term seva. Fundamentally, seva is the act of selfless service done for the good of others without regard for compensation or personal benefit. It is a basic manifestation of leading a life based on humility, compassion, and connectivity. According to the Indian Knowledge Systems' Way of Life, seva is an attitude that embodies love, commitment, and a strong sense of duty to others rather than only a physical deed. Seva entails serving with unity

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and purpose and prioritizing the needs of others before our own. This altruistic devotion fosters the development of admirable traits like humility, thankfulness, and empathy. The idea of seva is consistent with the larger framework of the Way of Life, which is taught in Indian Knowledge Systems and serves as a comprehensive manual for leading a purposeful, moral, and spiritually fulfilling life.

A timeless and profoundly integrated outlook on life that strikes a balance between the material, ethical, and spiritual realms is embodied in the Indian Knowledge System. IKS is a living philosophy that goes well beyond a simple historical or cultural study and continues to provide pertinent and useful insights in the complicated world of today. A life of responsibility, compassion, and connection is encouraged by IKS, which has a solid ethical foundation based on Dharma, Karma, Ahimsa, and Seva. These principles inspire people to act mindfully, make constructive contributions to society, and develop inner peace.

In the end, the Indian Knowledge System promotes a life of balance, purpose, and global well-being and is not merely a holdover from the past. It is a beacon for the future and a guide for the present.

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Acknowledgments

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Panchal, J.V. (2026) Indian Knowledge System (IKS): Its Implications in Social Life. *International Journal of Social Impact*, 11(1), 89-93. DIP: 18.02.1014/2026 1101, DOI: 10.25215/2455/11011014